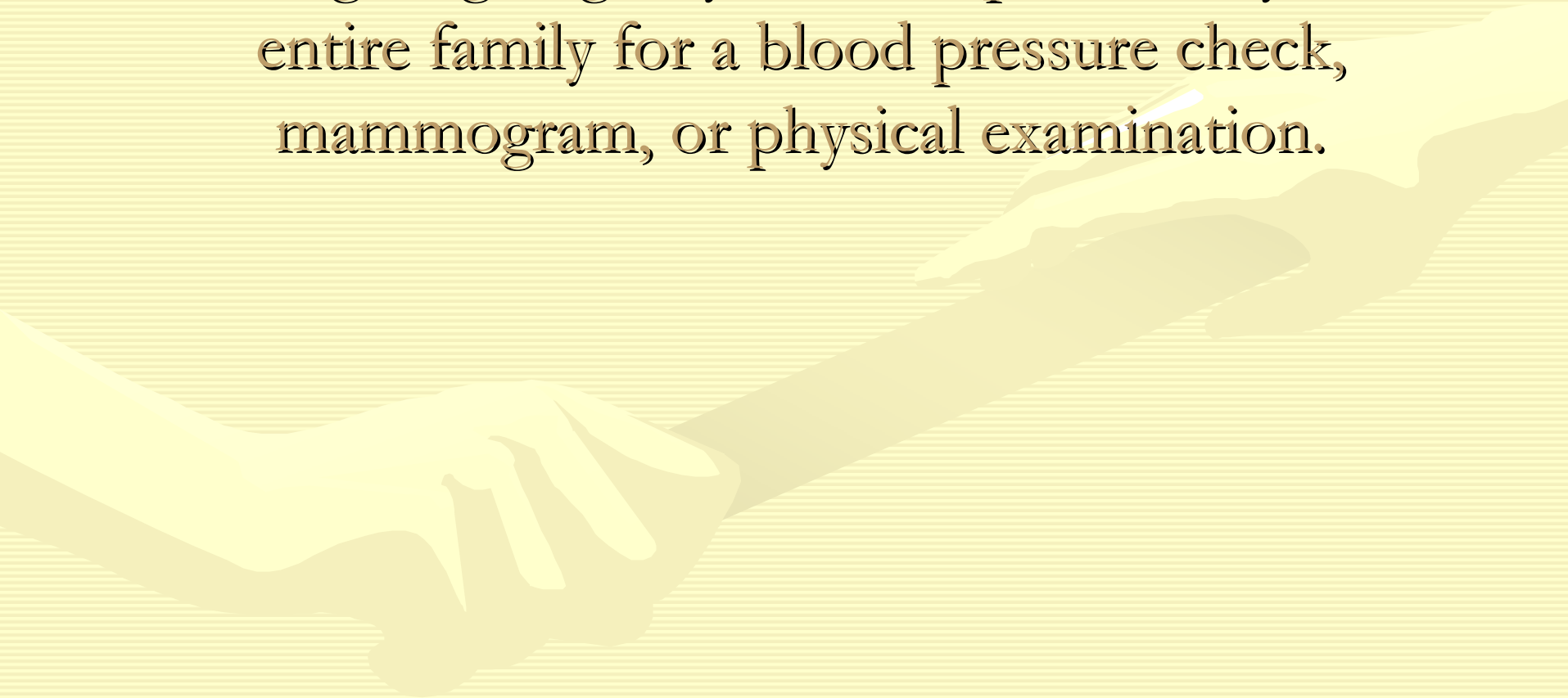


Imagine.....

- Imagine going to your local park with your entire family for a blood pressure check, mammogram, or physical examination.



Imagine what it would be like if you or your neighbor could.....

- count on community based health and nutrition programs for seniors and other adults, adolescents, children and infants or...
- feel supported and connected, when times are rough, through peer-support groups facilitated by trained community members and volunteers or...
- get a helping hand from our staff in finding special resources to meet your health needs... or
- speak to someone about health information who understands your unique culture and will provide resources for you in the language you are most comfortable with.

all in one place... at your local Los Angeles County Park

or if your family could depend on finding.....

- prenatal care, nutrition information and education, active preventative health and recreation programs for obese children and their parents, or cooking classes in innovative, low-fat/low carbohydrate ethnic food preparation methods.
- that you have a chance to decide what your community health needs are and that the Healthy Parks Programs at your local Los Angeles County Park, were designed from your own and your neighbor's thoughts on your unique community's future, it's hopes and it's concerns.

all in one place... at your local Los Angeles County Park

Healthy Parks Community Forums

How this small group can change the
world.....



What will the Community Forums do?

- The forums allow people to meet in a comfortable and informal fashion to have a structured discussion about local community needs, problems and solutions...
- It's a "brainstorming" session, where you, the experts on your community, help the Healthy Parks staff design a program that will enrich, uplift and fill some concrete needs for you and your neighbors....
- At the end of this presentation, your Healthy Parks staff member will assist you in the Community Forum Group process.

What is Healthy Parks?

Mission Statement:

Creating healthy communities through people, parks and programs by offering family-oriented and culturally informed, health, nutrition, exercise programs, and educational opportunities that work together to improve the quality of life for all Los Angeles County residents.

What does Healthy Parks do?

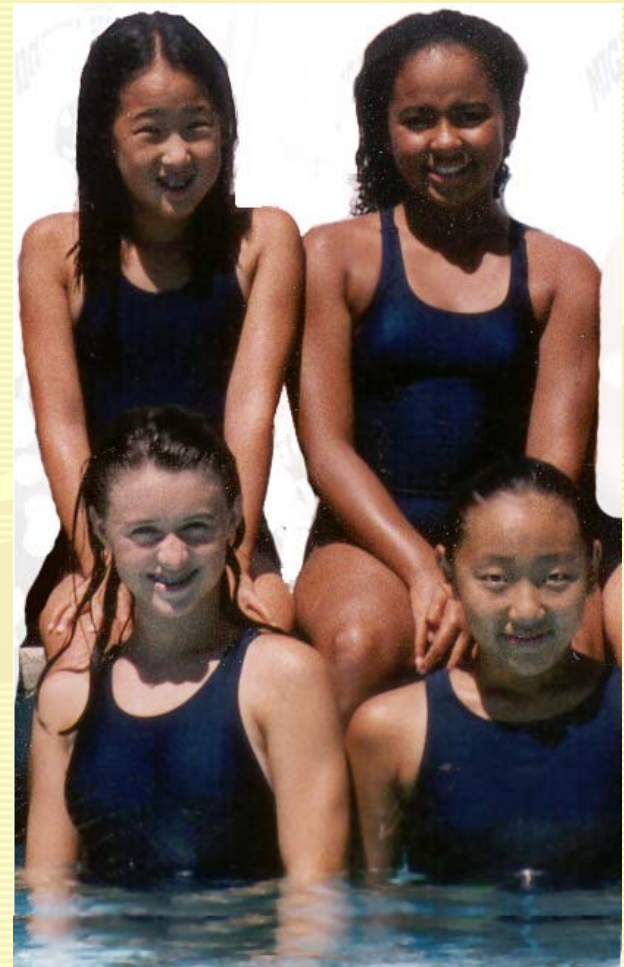
- The Healthy Parks Program brings health care professionals, nutritionists and others to your park to help bridge the gap for low-income families for yearly physicals, breast cancer screenings, and more for all ages.



- We provide active healthy living support for Seniors by providing information on new money saving resources available, health screenings and peer-support groups, potlucks, walking, swim and social clubs.
- Want to stay involved and active? We assist you in building volunteer groups that work directly with your community's own unique health priorities and needs.

Healthy Living for Everyone....

- Healthy Parks provides fun-filled exercise and nutrition programs for children, their families and adults of all ages.
- We work closely with parents of obese children to provide sensitive, loving and positive, special recreational programs and events, exercise and nutrition programs, support, information, and referral.
- Enhanced recreational programs for seniors, adults and children. Exercise and nutrition programs, support, information, and referrals.



Healthy Living....

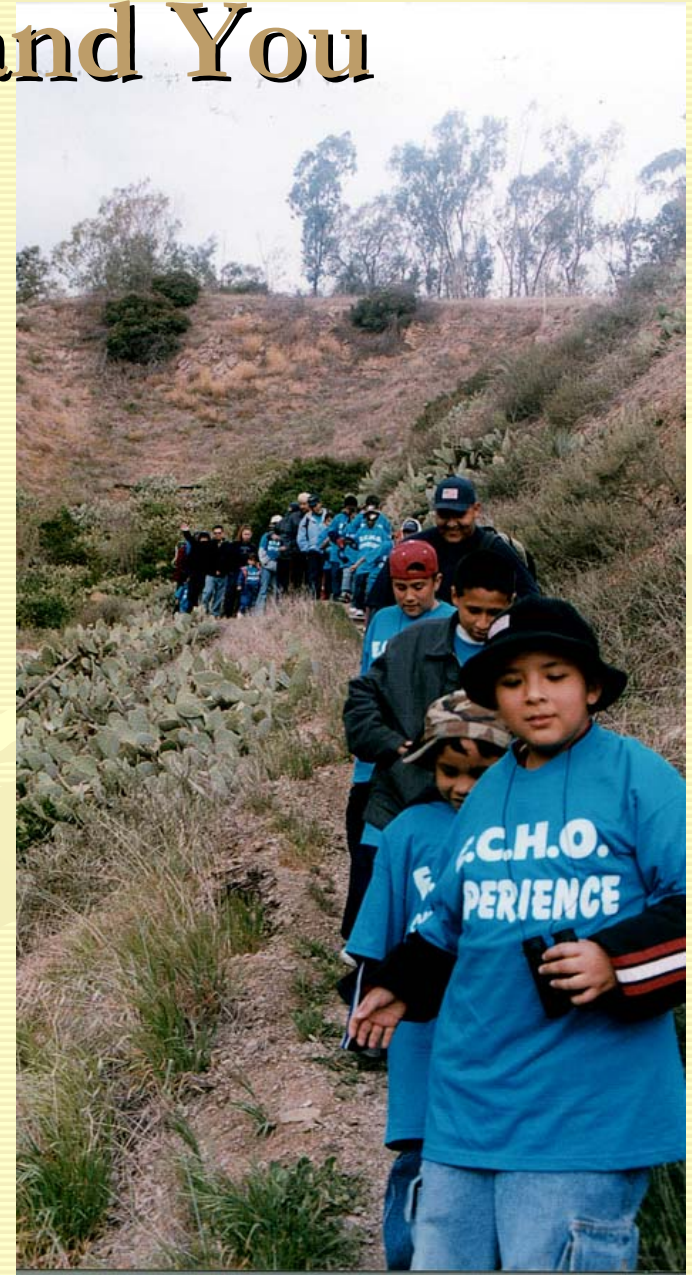
- For the whole community's well-being, Healthy Parks administers programs that bring nutritionists, local chefs and cooks to your park for innovative, creative healthy foods cooking classes that inspire.
- Healthy Parks helps to create “community cookbooks” of healthy food recipes, including our favorite family recipes and a wide array of ethnic food recipes that keep the body and soul healthy.



Healthy Parks and You

Through the Healthy Parks Program, you can participate in activities, support groups, educational workshops, health screenings and other activities to meet your personal health goals:

- Increase in Physical Activity
- Weight Loss
- Stress Reduction
- Stop Smoking
- Improve “Quality of Life”
- Learn more about the latest in health practices
- Get assistance filling out forms to save money on medicines and other health products for Seniors
- Have a computer wiz look-up health resources and information for you on the internet
- Get out more and meet your neighbors
- Cook a great “guiltless” meal with a new group of friends
- Learn how to help your family live a more healthy life and all the tricks that will help you



Healthy Parks Partnering Principles

- 1. Healthy Parks staff members and families work together in relationships based on equality and respect.
- 2. Healthy Parks staff members enhance a family's capacity to support the growth and development of all family members; adults, youth, and children.
- 3. Families are resources to their own members, to other families, to programs, and to communities. Your Healthy Parks staff members will help you help each other.
- 4. Healthy Parks staff members and programs affirm and strengthen a family's cultural, racial, and linguistic identities. We honor diversity and welcome change. While our staff works to help your community, our work with you enhances our ability to function well in a multicultural society; educates, uplifts and enriches us too.

and a few more....

- 5. Programs are embedded in their communities and contribute to the community building process.
- 6. Programs advocate with families for services and systems that are fair, responsive, and accountable to the families served.
- 7. Practitioners work with families to mobilize formal and informal resources to support family development.
- 8. Programs are flexible and continually responsive to emerging family and community issues.



Other Healthy Park Sites...

- Our eleven "Healthy Parks" pilot locations are located in high-need areas within our County where the majority of residents are low-income, "working poor" and with minimal resources, but, any local community resident can participate in the Healthy Parks programs.
- The eleven "Healthy Parks" pilot locations have been placed in areas where low-income, poor nutrition and lack of transportation often result in lack of access to information and health services. These things make it difficult for families to address health needs.
- Special attention is being paid to cultural factors that impact health and to the sensitive development of materials and services that honor the great diversity of experience found in Los Angeles County.
- The Healthy Parks Program takes much needed health services and other programs directly to the people who are most in need of these services, and help people to help themselves and each other.



Community Partners...

The enthusiastic support for the Healthy Parks Program has created a diverse group of cooperative partnerships with community-based organizations, agencies, departments and others, which are the foundation of this program. The Los Angeles County Department of Parks and Recreation is proud to be presenting this new program to these partners and collaborating with them in its development:

- Children's Planning Council/Service Planning Area Councils
 - American Indian Children's Council
 - Chief Administrative Office
 - Department of Children and Family Services
 - Los Angeles County Office of Education
- Healthy Families and Medi-Cal; Department of Health Services
- Graciela Mayer, R.N., International VSN; Valencia Medical Weight Control
 - Children and Families First Commission
 - First 5 LA
 - Mr. World Fitness, Franco Carlotto.
 - Los Angeles Unified School District
 - Department of Mental Health
 - Department of Public Social Services
- Dr. Lawrence Mayer, M.D. Valencia Medical Weight Control

Community Partners...

- Public Library
- Community and Senior Services
- Youth and Physical Fitness Task Force
- Healthy Children, Healthy Cities
- Child, Nutrition and Health Task Force
 - Hearts 'N Parks
- GEM, Citrus Valley Medical Center
- Antelope Valley Partners for Health
 - American Cancer Society
 - Kids in Sports
- Northeast Valley Health Care
- Dairy Council of California
- AltaMed; Sports Fitness International;
 - California Children's 5-A-Day;
and
 - Fitness for Kids



Los Angeles County Board of Supervisors

Gloria Molina
First District

Yvonne Brathwaite Burke
Second District

Zev Yaroslavsky
Third District

Don Knabe
Fourth District

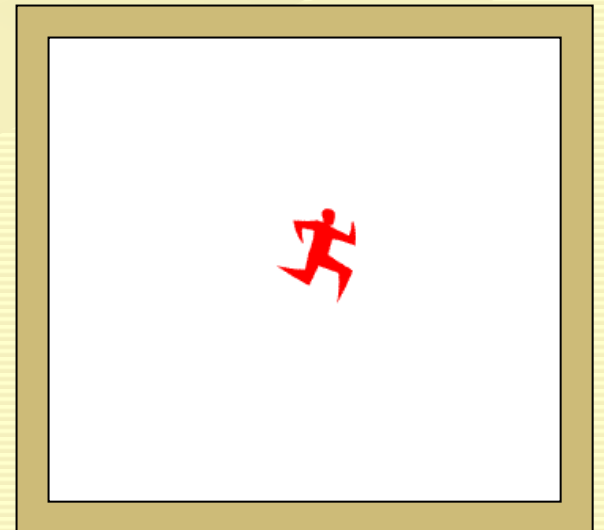
Michael D. Antonovich
Fifth District



Los Angeles County Department of Parks and Recreation

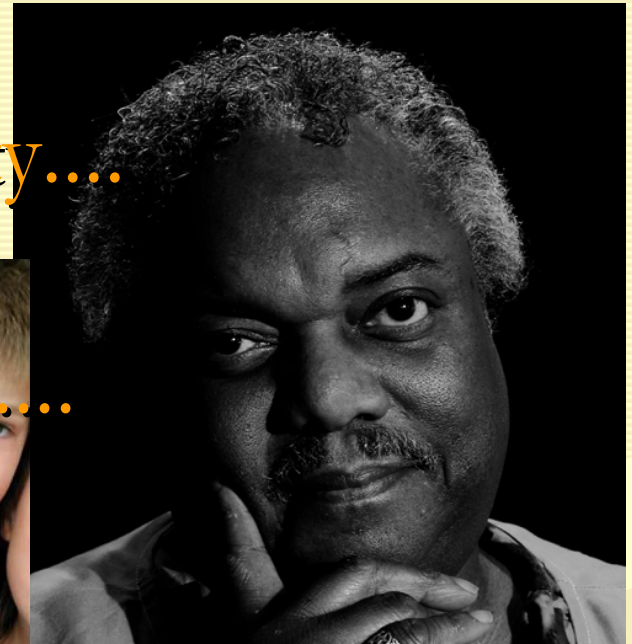
Creating Community through People, Parks and Programs...

Creando Comunidad por medio de la Gente, Parques y Programas...





everyone counts....

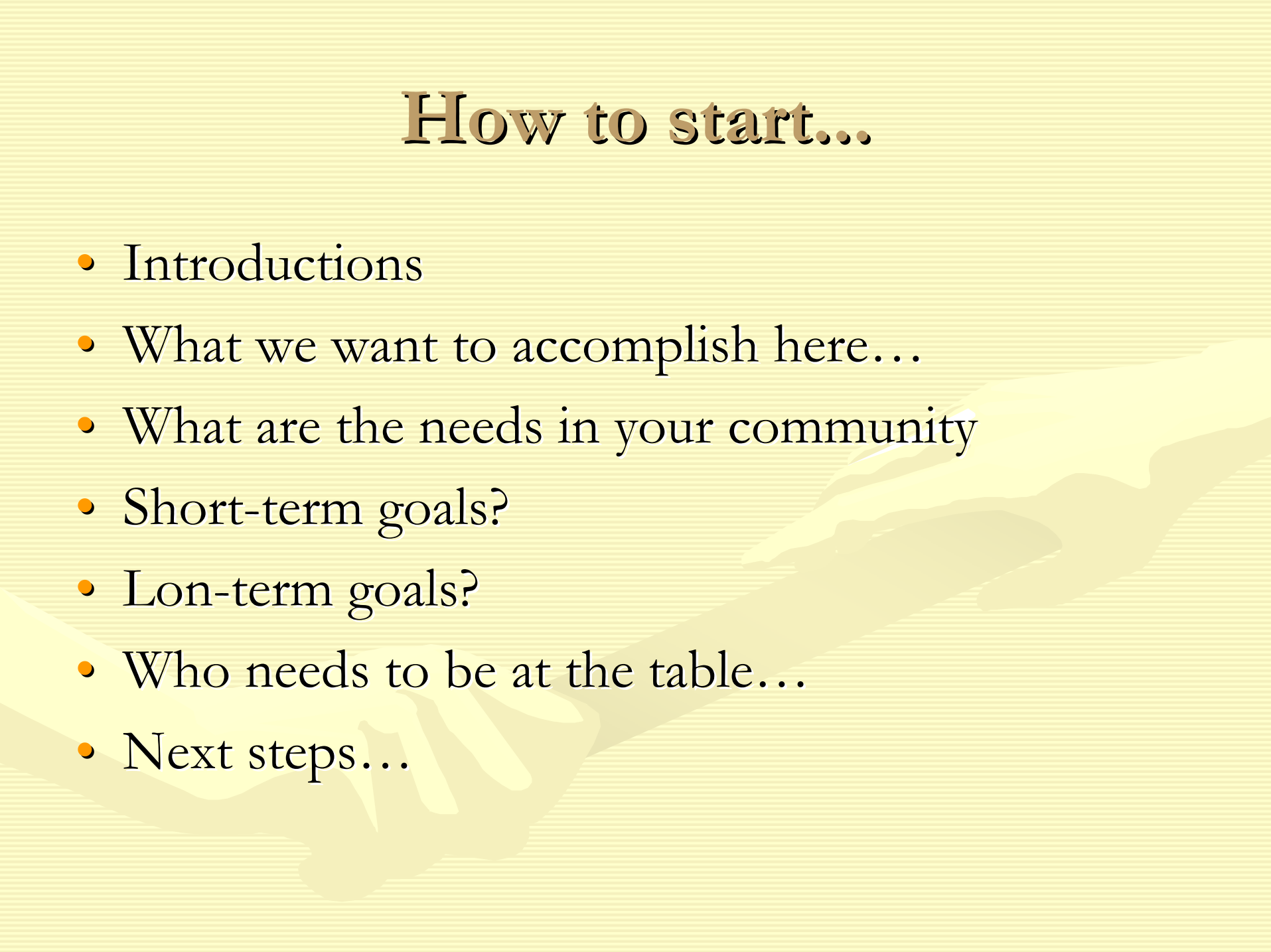


everyone matters.....



Healthy Parks (661) 259-1750 or healthyparks@co.la.ca.us

How to start...

- Introductions
 - What we want to accomplish here...
 - What are the needs in your community
 - Short-term goals?
 - Long-term goals?
 - Who needs to be at the table...
 - Next steps...
- 
- A faint, stylized illustration of two hands shaking in a handshake, rendered in a light beige color, serves as a background for the lower half of the slide.